



LYNCHBURG FIRE DEPARTMENT

Our Values — Compassion, Honesty, Integrity, Trust

October 2007

CHIEF'S CORNER

Do Something You Enjoy!



Well, October is here and the weather has been beautiful; not too hot and not too cool. In fact, the last several weeks have been almost perfect. This type of weather makes you want to get outside and do something that you enjoy. I thought I would take a few lines this month to talk about how important it is to enjoy yourself and have some interests outside the Fire Department.

We all know that we have one of the greatest jobs, but we also know that it is physically and emotionally challenging and demanding. In order to remain healthy and well balanced, we need to have some interests that are not related to work; something that takes our mind off the stresses of the job and helps us relax. Hobbies and other interests should be something totally removed from fire fighting or emergency medical services delivery. These interests should be things that you enjoy and find relaxing. It also helps if the activities are somewhat strenuous. This physical activity or workout helps to burn calories and also burns off the excess adrenaline the body produces when you are stressed. Burning this excess adrenaline helps lower your heart rate and blood-pressure, both of which are beneficial to your body.

So, what are some of these hobbies and activities that can be so rewarding and helpful? I can only speak from personal experience about the ones that have helped me. I enjoy hiking and backpacking; both of these pursuits occur outdoors and require some level of physical activity. I also enjoy photography and often combine a hiking or backpacking trip with the chance to take pictures. There are many other beneficial activities ranging from hunting to golfing. The point is, it's not really important what you do, it's only important that you do something!

Having activities that take your mind off the job and help to relieve stress can lengthen and enhance your career and make the time you spend at work less stressful. Over the years, providing emergency medical services and dealing with high-pressure situations can have a detrimental effect on the body and one's mental state. By relieving this excess stress on your days away from work, you will feel better all of the time and be more relaxed at work.

If you prefer to participate in hobbies and outside activities that are not physical in nature, that's fine, you just need to exercise on a regular basis to help relieve your stress. We all know about the benefits of regular

exercise in regards to physical fitness, but it's just as important to help reduce your stress.

Now, there may be some out there who don't believe this "occupational stress" is real. They think its just so much "B.S." and they are not going to do anything to help reduce or relieve it. Well, let me share some information from the Lynchburg Fire Department. During the span of my career here (just over 31 years), there have been two employees who were forced to retire because of the stress associated with the job. They could not deal with the "mental anguish" they were experiencing from doing this job. There have also been numerous others who experienced long-term illness and even disability due to the level of stress they were dealing with (actually, they were not dealing with it).

Some stress is natural and is very beneficial, especially in an emergency situation; but, too much stress can overwhelm you and make you physically ill. By taking care of yourself and reducing this stress, you will actually increase your body's ability to fight infection. This means you will feel better and have fewer colds and illness. An extra benefit of being healthier is your ability to fight off disease if you are exposed to something while caring for a patient.

The last thing to mention is the fact that when you are healthier and feel better because you have dealt with the stress, life is just more fun and enjoyable it more. Fact is, doing things you enjoy to help reduce stress just makes good sense. Everybody wins; you, your family and the Fire Department. So, get out there and live life to the fullest, doing things you enjoy. You will certainly see the benefits!

Before I close this month's Chief's Corner I wanted to mention how well I thought the summer went in regards to wearing shorts while on duty. I am pleased to report that everyone I witnessed wearing shorts followed the guidelines and looked professional. This experiment has proven to be very popular and successful. Congratulations on a job well done and I hope to see this level of professionalism next year.

Well, that's about it for this month. Remember, winter is coming and with it the fire season. Let's all prepare and have a safe and happy holiday season. Be safe and don't forget the most important rule: Everyone goes home safe at the end of the shift.

Brad

UPCOMING EVENTS

Mark your calendars for these upcoming events!

Communications Meetings

Date: October 4 & November 1, 2007
Time: 8:30 a.m.
Place: Fire Administration Training Room

Annual Fire Fighters Memorial Service

Date: October 7, 2007
Time: 2:00 p.m.
Place: Miller Park — Fire Fighters Fountain

Fire Prevention Week/Month

October is "Fire Prevention Month." National Fire Prevention Week is October 7-15.

Department Awards Ceremony

Date: October 10, 2007
Time: 6:00 p.m.
Place: Peakland United Methodist Church
4434 Boonsboro Road

Lynchburg Christmas Parade

Date: December 1, 2007
Time: 5:00 p.m.

Recruit Graduation

Date: December 6, 2007
Time: 6:00 p.m.
Place: Peakland United Methodist Church
4434 Boonsboro Road

IN THIS ISSUE

- Chief's Corner
- Upcoming Events
- Anniversaries
- Congratulations
- EMSAT Video
- Member Update
- Certifications/Training
- United Way Update
- September 11th Memorial
- How Long Does 4500 PSI Last?
- Brain Buster
- Safety Corner
- Christmas Parade
- Are You a Good Coach?



OCTOBER ANNIVERSARIES

Congratulations to the following department members who celebrate anniversaries in October!

30 Years

Mike Smith

29 Years

Eddie Campbell
Fred Englund

28 Years

Barry Crabtree
Ed Jones

26 Years

Ricky Bomar

21 Years

Thomas Mack

16 Years

Mike Richardson

15 Years

Tom Bartell
Allen Carwile
Sean Regan
Quincy Scott

11 Year

John Norman
Warren Jamerson
Roger Harris
Darrell Hamlett

9 Years

Jason Campbell

CONGRATULATIONS

- Congratulations to Todd & Laura Davis on the birth of their daughter, Caelyn Grace, born on September 8th.
- Congratulations to Mike Mitchell on the birth of his grandson, Levi William Gatten, born on September 11th.
- Congratulations to Captain Jason Campbell who has been accepted into the Executive Fire Officer Program at the Fire Academy.

EMSAT VIDEO

Infection Control 2007 Update

This program contains the latest information on exposure, post-exposure, testing and treatment issues, plus hospital compliance. The following diseases are discussed: MRSA, AIDS, Hepatitis, TB, Avian Flu, Syphilis, West Nile Virus and SARS. To view this video contact Michelle Drake in the Training Division.

MEMBER UPDATE

Rob Turner has arrived home and is recovering from surgery that was performed in September at the Walter Reed Hospital in Washington, D.C. Rob will also return to Walter Reed Hospital for follow up care. Please continue to pray for Rob and his recovery! Below is Rob's address for anyone wishing to send him a card of encouragement:

Rob Turner
P. O. Box 593
Rustburg, VA 24588

CERTIFICATIONS/TRAINING

Arson Scene Search

Jack Williams

Associate of Applied Science - Fire Science

Frankie Campbell

Certified Fire And Explosion Investigator

Katherine Dunnaville

Jack Williams

Executive Fire Officer

Keith Johnson

Fire Inspector I & II - NFPA 1031

Greg Wormser

Fire Investigator - NFPA 1033

Colao Lombre

Greg Wormser

Fire Suppression Review

Jennifer Collins

Fire/Arson Investigation And Arson Case Management

Katherine Dunnaville
Jack Williams

Jody Mayberry
Greg Wormser

ICS-400 Advanced ICS

Ellen Davidson-Martin

Incident Command For Highrise Operations

Matt Millner

Intro. to Wildland And Wildland/Urban Interface Firefighting For the Structural Company Officer

Rick Ware

Preparation For Initial Company Operations

John Ripley

Virginia New-Law Notary Training

Tammy Sage



UNITED WAY UPDATE

BE A LIFESAVER CAMPAIGN

BY: ELLEN DAVIDSON-MARTIN

Monetary donations continue to come in for the United Way and as of September 17th, the City's campaign has collected \$58,508.78. Again, sincere thanks to everyone who made a contribution.



We are still short of the City's \$72,000 goal but many departments have not had their major fund-raising events. This year, all departments are combining resources to sponsor a yard sale at the City Stadium parking lot on Saturday, October 27th from 8:00 a.m. until 1:00 p.m. (A-Shift day). There will be food vendors, bake sales, raffles, and music (to name a few activities). So come on out and enjoy a lovely fall day for a great cause!

This event will be open to the public and the space rental fees go to the United Way of Central Virginia. Some departments will use this as a venue for their individual fundraising events. All money collected by a department will be credited toward that department's total United Way contribution.

The Fire Department's fundraising event has not been scheduled. With the help of my co-workers (hint, hint!), I am planning a traveling bake sale. On the day of the event, one lucky shift will have the opportunity to purchase delectable desserts and treats from our roaming caravan as we travel from station to station. If you did not make a direct contribution to the United Way, purchasing some of these goodies is another way to support the United Way. After the traveling bake sale, I will notify everyone of our department's total contribution.

If you have any questions, please contact me at extension 6368 or via email.

WE WILL NOT FORGET...SEPTEMBER 11TH

BY: DEPUTY CHIEF ANTHONY SMITH

On September 11, 2007, members of the Lynchburg Fire Department and Lynchburg Police Department assembled at Monument Terrace for a solemn, but patriotic, service to memorialize those who perished on that day in 2001 in the attacks on our nation.

Many citizens and dignitaries attended to show their support of our public safety officials, military members, and our nation.

At the top of Monument Terrace, Truck 1 proudly displayed an American Flag from its raised ladder, while pictures of the first responders who perished at the World

Trade Centers were displayed at the base of Monument Terrace. Master Firefighter Robbie Ore and Firefighter Anthony Andrews were part of a joint Police and Fire Department Color Guard that presented the flags of our Nation and Commonwealth (pictured above), while Martha Craft sang the Star Spangled Banner. Fire Chief Brad Ferguson and Major Parks Snead both spoke about sacrifice, dedication to duty, and the will of our nation to carry on after the terrorist attacks. Ed Salzback also spoke of two unknown heroes of 9-11.

The service ended with a moment of silence that was broken by Battalion Chief Darrell Evans playing Amazing Grace on the bagpipes (pictured left). Truck 1 then began the wale of the siren, followed by Captain Robert Lipscomb tolling the alarm code 5-5-5-5, the FDNY's code for the death of a firefighter in the line of duty. The Police Department's Rifle Team fired a 21 gun salute, while taps played and the service came to a close.



HOW LONG DOES 4500 PSI LAST?

BY: CAPTAIN JASON CAMPBELL

Every day we depend on our self-contained apparatus to be there to provide important breathing air to us during firefighting or other IDLH operations. But have you ever considered exactly how long that 4500 psi of oxygen will last during operations? I'm sure most of us have some idea or otherwise a guess and so often we mistakenly think it will be at least thirty minutes.

Why is it important to know? Since Firefighter I class, we have been told that our "bottle" will last about 30 minutes. We have used our SCBA in firefighting operations and we work until the low-pressure alarm alerts us (and then some) and then we often think, "that 30 minutes sure was fast." Being mindful of your air consumption rate is very important and we shouldn't wait until the low-pressure alarm to warn us that we are a few breaths away from an empty bottle.

We should know our own air consumption rates and the rates of those we are operating with so that we allow ourselves enough time to get out of the IDLH before the bottle is really empty. Most of our IDLH environments occur in single-family residences where we generally can easily get to an exit before the mask is sucked tight against our face. But what about operating in a commercial environment, where we may have to go deeper into the structure to operate?

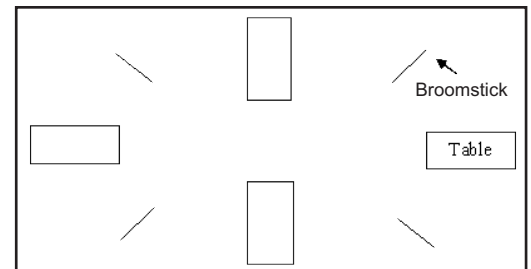
So what do you do? Know your air consumption rate. When you finish reading this article, go directly to the SCBA that you may wear later today and see how much air is in the bottle. No, seriously. I know you checked it this morning, but is 4500 psi of air in your bottle? Probably not. It has probably been several days or more since it was actually used. Since then, at least once a day someone has turned the bottle on and off to check the pack. I'm not sure how much air is in the lines between the bottle and the low-pressure regulator, but guess what – you no longer have 4500 psi in your bottle!

Now, here's an exercise I learned at the recent Fire-Rescue International Conference for your next company school to help determine your air consumption rate. Disclaimer: This is not rocket science and I have no scientific data to support this, but I think the activity does enough to jack your respiratory rate and heart rate up to simulate operations in an IDLH.

Important Note: It would be a good idea to take everyone's vital signs before starting and immediately after the activity.

Set-up:

- Move the apparatus out of your station.
- Set up four tables on the apparatus floor and set one on each wall. The tables should be perpendicular with the wall.
- Mid-way between each of the tables set up two chairs and put a broomstick between the chairs (between the two "seats").
- Have your crew put on full PPE, including the SCBA.
- Make sure someone has a stopwatch to time the activity.



The Exercise:

- First, spread out around the bay floor.
- When given the signal by the timekeeper, all firefighters should start walking around the apparatus floor. When reaching a table, crawl under it. Stand up and walk to the chairs. Step over the broomstick. Walk to the next table and crawl under it. And keep going. By the way, put some effort into it.
- Now, when your low-pressure alarm starts signaling, keep walking in the circle, but do not crawl under the tables or step over the broomsticks; just walk around the inside of the "circle."
- Keep breathing from your SCBA; keep walking, keep breathing.
- When you suck the mask against your face tight because you are completely out of air, remove your regulator and record your time from the stopwatch. That's your time!

Did you get 30 minutes out of your bottle? Your answers will vary, generally depending on your cardiovascular fitness and how much effort you put into the exercise. However, this does give you some idea of how long your 4500 psi bottle would last. Be sure to keep your time and the time of those you work with in mind.

Something you may have noticed for the first time is that once your low air alarm starts sounding, the alarm will start to get slower and slower as you get closer to "empty." And within about one minute of being empty, there are no alarms – only silence. (My faith tells me the silence is the time for me to pray harder and for the good Lord to hear me!) But one last thing to keep in mind is that when the alarm starts sounding it can cause our respiratory rate and heart rate to go even a little higher as we – consciously or subconsciously – experience increased anxiety. Stay calm!

In the end, be mindful of how full your "full" bottle is at the beginning of the shift. Continuously monitor your air level throughout the use of your SCBA (that's why that gauge hangs over your right shoulder and even glows in the dark). Keep a conscious thought of where your exits are and how long it will take you and your team to get from where you are to where you have to be. You don't always have to wait until your low alarm begins to sound before you start making your way towards the exit.



BRAIN BUSTER

This picture is of a major fire that occurred on Main Street in the early 1900s. Evidence of this fire is still prevalent today in one of the buildings involved, though it's not readily seen from the street.

Can you identify the address of the fire and describe what the evidence is? Email your answers to flashpoint@lynchburgva.gov.

The correct answer will be published in the November edition of Flashpoint, along with the names of those who can correctly identify it. Hint: A former Battalion Chief once shared this information with personnel while conducting a preplan.



**October is
Fire Prevention Month**

SAFETY CORNER

BY: CAPTAIN RICK GUEDJ

Fructose-Sweetened Drinks Tougher on Arteries

A new study suggests that the type of sugar in a sugary drink may impact how healthy, or unhealthy, it is for arteries. Researchers say fructose-sweetened drinks are more likely to provoke the development of fatty artery deposits in overweight adults than glucose-sweetened beverages.

Kimber Stanhope, of the University of California at Davis, and colleagues compared the results of drinking fructose-sweetened beverages versus glucose for 10 weeks in overweight and obese adults. Participants ate a balanced diet with 30 percent fat and 55 percent complex carbohydrates. Thirteen of the participants also consumed glucose-sweetened drinks, while 10 drank fructose-sweetened drinks. The researchers found that 9 weeks later, 24-hour post-meal triglyceride (blood fat) levels went up after 2 weeks of fructose-sweetened drink but went down in those who consumed glucose-sweetened drinks. Those who drank fructose-sweetened drinks also had a boost in fasting blood concentrations of LDL ("bad") cholesterol and other measures. Those levels were unaltered in those consuming glucose-sweetened drinks, however. The findings were scheduled to be presented at the annual meeting of the American Diabetes Association in Chicago. The bottom line, according to the researchers: "Persons at risk for developing metabolic syndrome and cardiovascular disease should avoid over-consumption of fructose-containing beverages." The ADA notes, however, that consumption of fructose-sweetened beverages has gone up by 135 percent in the United States over the past four decades.



CHRISTMAS PARADE

The Lynchburg Fire & EMS Foundation will sponsor and coordinate the 48th Annual Lynchburg Christmas Parade. The parade will be held in Historic Downtown Lynchburg on Saturday, December 1, 2007 at 5:00 p.m. The theme of this year's parade is "The Music and Magic of Christmas."

More details regarding the parade will be forthcoming soon. Anyone interested in volunteering should contact Jason Campbell at Station 3 or Jeannie O'Brien in the Fire Marshal's Office.

REMINDERS

Next Fire Department
Communications Meetings:

October 4 & November 1, 2007

***There will be not be a
meeting in December**

ARE YOU A GOOD COACH?

BY: CAPTAIN JOHN SPINNER

The department has had a New Employee Mentoring Program for several years. Many of you have participated as Mentors and others have been mentored while in your Recruit Academy. Varying successes have been reported, but overall mentoring certainly has had value. Now what do you do to benefit the new employee or any other employee regardless of tenure when mentoring ceases? That is where officers can move to the next level of assistance beyond mentoring into becoming a good coach. Test your coaching skills with the following questions (excerpt from the Business Legal Review training programs):

Becoming A Coach Quiz

- As a coach, a supervisor may give employees:
 - Feedback on what they're doing well and what to improve
 - Performance reviews that recap the prior year's efforts
 - General "atta-boys" for work well done
- True or False: A supervisor coaches employees in a group, not individually.
- True or False: Supervisors should schedule certain months of the year for coaching.
- True or False: Coaching is one way supervisors can give employees the personal attention they desire.
- True or False: Coaching is often an immediate response to a specific situation or act.
- Coaching should be specific about:
 - How to assign blame for problems
 - Who is better at the task than the employee being coached
 - What was done well or needed improvement and the effects
- True or False: When coaching, supervisors praise employees but avoid correcting them.
- One reason employees respond to coaching may be that it's:
 - Positioned as an informal discussion rather than a lecture
 - More like a game than work
 - Vague enough that employees can interpret it as they wish
- True or False: Coaching should be a dialogue with the employee.
- True or False: Coaching follow-up helps reinforce positive behaviors and spur improvement where needed.

When you are a "coach" here are the things you will do with your people.

- Observe continuously what employees do and how they do it.
- Take the time to give each employee daily feedback on his or her work.
- Let employees know what they did well and what could be improved as soon as possible after an observed incident or behavior.
- Guide employees by identifying not just the specific desired behavior but its desired results.
- Give employees the benefit of your task and organizational expertise.
- Encourage employees to share their own experience and insights.
- Be willing to explore options with employees.
- Show tact when coaching an employee who needs improvement.
- Work with top performers to keep up their high standards and find new challenges.
- Use coaching to help employees improve, develop, and succeed, not to chastise.
- Be positive about the job, the employee, and the organization.
- Ask questions and listen actively to the answers and the reactions behind them.

Our staff will always be our greatest asset. Since that staff is getting younger as time goes on captains, battalion chiefs, and other officers will find themselves having to develop those eager yet younger people with skillful coaching techniques. I hope this assists you in that endeavor.

Answer Key to Quiz

- | | |
|----------|----------|
| 1. A | 6. C |
| 2. False | 7. False |
| 3. False | 8. A |
| 4. True | 9. True |
| 5. True | 10. True |